

PHASE 1

BASE HYPERTROPHY

(MODERATE VOLUME, MODERATE INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	2-4		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	Standing Calf Raise	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
MANDATORY 1-2 REST DAYS										

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	5		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	3-5		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	Standing Calf Raise	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	4		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	4-6		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	Standing Calf Raise	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	3		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	3-5		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	Standing Calf Raise	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		8-9	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		8-9	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	2		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	2-4		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-4 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Larsen Press	0	2	10		8-9	~3-4 min	DB Bench Press (No Leg Drive)	Machine Chest Press (No Leg Drive)	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	Standing Dumbbell Arnold Press	2	3	8-10		8-9	~2-3 min	Seated DB Shoulder Press	Machine Shoulder Press	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	A1. Press-Around	1	2	12-15		9-10	0 min	DB Flye	Deficit Push Up	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	A2. Pec Static Stretch 30s	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	Cross-Body Cable Y-Raise (Side Delt)	1	3	12-15		9-10	~1-2 min	DB Lateral Raise	Machine Lateral Raise	Think about swinging the cable out and up as if "drawing a sword" from your side.
	Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension	1	3	8 + 8		9-10	~1-2 min	Triceps Pressdown (12-15 reps)	DB Skull Crusher (12-15 reps)	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	N1-Style Cross-Body Triceps Extension	0	2	10-12		10	~1-2 min	Single-Arm Tricep Pressdown	Single-Arm Cable Tricep Kickback	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
MANDATORY 1-2 REST DAYS										

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	1		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 6 WEEKS!										
WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	1-3		7	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		7	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	2	8-10		7	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		7	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	2	10-12		8	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	2	10-12		8	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	2	10-12		8	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!.

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		7	~3-4 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Larsen Press	0	2	10		7	~3-4 min	DB Bench Press (No Leg Drive)	Machine Chest Press (No Leg Drive)	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	Standing Dumbbell Arnold Press	2	2	8-10		7	~2-3 min	Seated DB Shoulder Press	Machine Shoulder Press	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	A1. Press-Around	1	2	12-15		8	0 min	DB Flye	Deficit Push Up	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	A2. Pec Static Stretch 30s	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	Cross-Body Cable Y-Raise (Side Delt)	1	2	12-15		8	~1-2 min	DB Lateral Raise	Machine Lateral Raise	Think about swinging the cable out and up as if "drawing a sword" from your side.
	Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension	1	2	8 + 8		8	~1-2 min	Triceps Pressdown (12-15 reps)	DB Skull Crusher (12-15 reps)	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	N1-Style Cross-Body Triceps Extension	0	2	10-12		8	~1-2 min	Single-Arm Tricep Pressdown	Single-Arm Cable Tricep Kickback	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		7	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		8	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		8	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	2	6-8		8	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		8	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
MANDATORY 1-2 REST DAYS										

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	4		7	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		7	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	2	8, 5		7	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		7	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	2	10-12		7	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		7	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

PHASE 2

MAXIMUM EFFORT (LOW VOLUME, HIGH INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	3	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	3	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.
MANDATORY 1-2 REST DAYS										

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Hack Squat</u>	3-4	2	4-6		9-10	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Allow your knees to come forward (past your toes), focus the tension on your quads.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	3	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	3	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	2	4-6		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Can pull sumo or conventional, go with whatever variation you are stronger with.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	3	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	3	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Hack Squat</u>	3-4	2	4-6		9-10	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Allow your knees to come forward (past your toes), focus the tension on your quads.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	3	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	3	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	2	4-6		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Can pull sumo or conventional, go with whatever variation you are stronger with.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
MANDATORY 1-2 REST DAYS										

PHASE 3

SUPERCOMPENSATION

(HIGH VOLUME, MODERATE INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	3	15		7-8	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright.
	<u>Dumbbell RDL</u>	1	3	20		9	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Walking Lunge</u>	1	3	10		9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>SLOW Seated Leg Curl (3 up, 3 down)</u>	1	3	8		10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	3	20		10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>LLPT Plank</u>	0	3	20		10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	3	20		9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press.
	<u>Machine Shoulder Press</u>	2	3	15		9	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts.
	<u>Cable Crossover Ladder</u>	1	3	20		10	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	3	15		10	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static STRETCH (30s)</u>	0	3	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	3	20		10	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Med-Ball Close Grip Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	20		9	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight.
	<u>Omni-Grip Lat Pulldown</u>	1	3	20		9	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).
	<u>Machine Low Row</u>	2	4	20		9	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep.
	<u>Cable Shrug-In</u>	1	3	20		10	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	3	20		10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		9	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	2	21		10	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.
	<u>A2: Bicep Static STRETCH (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
MANDATORY 1-2 REST DAYS										

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	2	8		9	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Bench Press (Top Set)</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Bench Press (Back Off AMRAP)</u>	0	1	AMRAP	~60% of AMRAP set load	10	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars.
	<u>Pull-Up</u>	2	6	3		7-8	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	<u>Leg Press</u>	2-3	2	20		9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Wide-Grip Cable Row</u>	2	10	3		7-8	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	<u>Standing Dumbbell Arnold Press</u>	2	3	15		9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	3	15		7-8	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright.
	<u>Dumbbell RDL</u>	1	3	20		9	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Walking Lunge</u>	1	3	10		9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>SLOW Seated Leg Curl (3 up, 3 down)</u>	1	3	8		10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	3	20		10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>LLPT Plank</u>	0	3	20		10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	3	20		9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press.
	<u>Machine Shoulder Press</u>	2	3	15		9	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts.
	<u>Cable Crossover Ladder</u>	1	3	20		10	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	3	15		10	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static STRETCH (30s)</u>	0	3	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	3	20		10	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Med-Ball Close Grip Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	20		9	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight.
	<u>Omni-Grip Lat Pulldown</u>	1	3	20		9	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).
	<u>Machine Low Row</u>	2	4	20		9	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep.
	<u>Cable Shrug-In</u>	1	3	20		10	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	3	20		10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		9	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	2	21		10	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.
	<u>A2: Bicep Static STRETCH (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	2	8		9	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Bench Press (Top Set)</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Bench Press (Back Off AMRAP)</u>	0	1	AMRAP	~60% of AMRAP set load	10	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars.
	<u>Pull-Up</u>	2	6	3		7-8	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	<u>Leg Press</u>	2-3	2	20		9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Wide-Grip Cable Row</u>	2	10	3		7-8	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	<u>Standing Dumbbell Arnold Press</u>	2	3	15		9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
MANDATORY 1-2 REST DAYS										

FULL DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK BEFORE RUNNING BACK THROUGH WEEK 1 OF THE PROGRAM OR ONTO A NEW PROGRAM.										
WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	2	10		6	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	Stay light, keep your torso upright
	<u>Dumbbell RDL</u>	1	2	12		6	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Walking Lunge</u>	1	2	8		6	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>SLOW Seated Leg Curl (3 up, 3 down)</u>	1	2	8		7	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	2	12		7	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>LLPT Plank</u>	0	1	30s		7	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Low Incline DB Press	2	2	12		6	~2-3 min	Low Incline Machine Press	Low Incline Smith Machine Press	15° bench angle, tuck your elbows on the negative, flare as you press.
	Machine Shoulder Press	2	2	12		6	~2-3 min	DB Shoulder Press	Standing DB Arnold Press	Don't stop in between reps, keep smooth and controlled tension on the delts.
	Cable Crossover Ladder	1	2	15		7	~1-2 min	Flat-To-Incline DB Flye	Pec Deck	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.
	A1: Lean-In Constant Tension DB Lateral Raise	1	2	12		7	0 min	Constant-Tension Cable Lateral Raise	Constant-Tension Machine Lateral Raise	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	A2: Side Delt Static STRETCH (30s)	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	Overhead Triceps Extension	1	2	15		7	~1-2 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Med-Ball Close Grip Pushup	0	1	AMRAP		7	0 min	Close-Grip Push Up	Kneeling Modified Push Up	Place your hands on a medicine ball and do smooth, controlled pushups.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	12		6	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight.
	<u>Omni-Grip Lat Pulldown</u>	1	3	12		6	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).
	<u>Machine Low Row</u>	2	2	12		6	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep.
	<u>Cable Shrug-In</u>	1	2	12		7	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	2	12		7	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		7	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	1	21		7	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.
	<u>A2: Bicep Static STRETCH (30s)</u>	0	1	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	8		6	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Bench Press</u>	3-4	1	2-4		6	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Pull-Up</u>	2	4	3		6	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	<u>Leg Press</u>	2-3	1	12		6	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Wide-Grip Cable Row</u>	2	6	3		6	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	<u>Standing Dumbbell Arnold Press</u>	2	2	12		6	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
MANDATORY 1-2 REST DAYS										